



The Journal

Vol. 28

No. 24

www.dcmilitary.com/journal/

June 16, 2016

MWR Holds Color Me 5K



<SECTIONS:DCMILITARY/JOURNAL/FEATURES>PHOTO BY MC3 WILLIAM PHILLIPS

Naval Support Activity Bethesda's (NSAB) Morale Welfare and Recreation (MWR) held a Color Me 5K June 11. Hundreds of runners started the race at the MWR Sports Complex and were hit with colored powder along the course around NSAB. After the race, participants were able to run an obstacle course. (See more photos inside).

LGBT Pride Month 2016: Celebration

WRNMMC Named An LGBT-Friendly Hospital

By **BERNARD S. LITTLE**

WRNMMC Public Affairs staff writer

Master Chief Petty Officer John Schwanke enlisted in the Navy in 1986.

"I didn't join the military to prove I was a man, but for the travel, get away from a small town in northwest Wisconsin, and to be myself, whatever that was going to be," said Schwanke, who served as guest speaker of the LGBT Pride Month Celebration at Walter Reed National Military Medical Center (WRNMMC) on June 8.

First, a fire patrolman, Schwanke, who is now a nonmedical case manager attached to Navy Wounded Warrior Safe Harbor at WRNMMC, served in the Persian Gulf in the late 1980s. In December 1989, he said he finally decided he was going to "come out...that is, stop fighting who I was and to

tell my family." However, he continued to fear the consequences it could have on his military career.

Noting this was before "Don't Ask, Don't Tell" became law in 1993, and its repeal in 2011, Schwanke explained service members suspected of being homosexual were subjected to "witch-hunts." He said "Don't Ask, Don't Tell" was a "compromise, which really changed nothing," as more than 13,000 members of the armed services suspected of being homosexual were discharged under the policy.

To keep his orientation secret, Schwanke said he had a friend's wife be his date for command functions. "I made chief, senior chief and master chief under 'Don't Ask, Don't Tell.' I would give my boyfriend girls' names, or talk in general neutrals about what I did on the weekends," said the master chief.

See **LGBT**
Page 9



PHOTO BY BERNARD S. LITTLE

From left, Rear Adm. (Dr.) David A. Lane, Master Chief Petty Officer John Schwanke, and Army Col. Michael S. Heimall, WRNMMC director, cut a cake celebrating LGBT Pride Month on June 8.

Navy Announces Further Review of Enlisted Rating Titles

By FROM CHIEF OF NAVAL PERSONNEL PUBLIC AFFAIRS

WASHINGTON (NNS) — In order to be as inclusive as possible and reflect that all Navy occupations are open to men and women, Secretary of the Navy Ray Mabus recently met with his leadership team to discuss the service’s enlisted rating titles review.

During the meeting, senior Navy leaders, including Chief of Naval Operations Adm. John Richardson and Master Chief Petty Officer of the Navy Mike Stevens, agreed to develop a new approach to enlisted ratings that provides greater detailing flexibility, training and credentialing opportunities, is more gender inclusive, and ultimately translates Navy occupations more clearly to the American public.

“As we move to achieve full integration of the force, mirroring more closely the nation that we defend, this is an opportunity to update position titles and descriptions to be more inclusive and better translate occupation and skill sets to prospective employers when Sailors and Marines leave the service,” said Mabus.

The Navy will establish a second working group comprised of senior leaders from throughout the fleet to study how potential changes to rating titles may affect related personnel policy issues. Results of that review are expected to be completed and announced later this fall.

“This is an important opportunity for the Navy,” said Stevens. “We have a chance to pour a foundation



OFFICIAL U.S. NAVY FILE PHOTO

that will last for decades to come.” As the Navy implements several personnel policy changes as part of its Sailor 2025 program, senior leaders expect the results of this review to allow more flexibility in detailing Sailors, provide greater training and credentialing opportunities, and help Sailors become more marketable to civilian employers once they leave the service. They also envision a point where some combinations of today’s rates, with similar training and experience, can quickly and easily cross into the occupations of other similar rates with a limited

amount of additional training or experience. This has the potential to enhance career flexibility and detailing options for our Sailors, while also improving “fit” — our ability to get the right Sailors with the right skills into the right billets across the Fleet. The chief of naval personnel/N1 will lead the Navy’s implementation efforts. Throughout the Navy’s 241-year history, there have been more than 700 rating name changes for Sailors. For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

Bethesda Notebook

Cancer Research, Awareness

The John P. Murtha Cancer Center at Walter Reed National Military Medical Center will host the Annual Cancer Research Seminar on June 20 from 8 a.m. to 4 p.m. in the America Building, second floor, Rm. 2525, and Cancer Awareness Day on June 21 from 10 a.m. to 2 p.m. in the America Building, first floor lobby. For more information, contact Erica Dugger at 301-295- 0558 or Bill Mahr at 301-400-1492.

Pre-retirement Seminar

A pre-retirement seminar is scheduled for July 26-27 at Walter Reed National Military Medical Center (WRNMMC). The seminar is open to WRNMMC GS employees planning to retire within the next five years. Space is limited. Registration must be done in advance. For more information, call Lisa Wilson at 301-319- 8510.

Two-Day Blood Drive

A two-day blood drive will be June 29-30 from 9 a.m. to 2 p.m. each day in Bldg. 9, mezzanine level. Walk-ins are welcomed, but appointments are encouraged and appreciated. Appointments can be made at militarydonor.com using sponsor code WRNMMC.

Published by offset every Thursday by DC Military, 29088 Airpark Drive, Easton, MD 21601, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher’s advertising offices are located at DC Military, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 301-645-0900.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: Ronald D. Inman
Public Affairs Office: 301-295-1803

Journal Staff

Supervising Editor Ronald D. Inman
Managing Editor MC3 William Phillips
WRNMMC Editor Bernard Little

Staff Writers MC1 Christopher Krucke
Andrew Damstedt
Sharon Renee Taylor
Joseph Nieves
Jamie Petroskey

Photojournalist Airman Matthew Hobson

NSA Bethesda
Fleet And Family Support Center 301-319-4087

NSAB Emergency Information Line 301-295-6246

NSAB Ombudsman

Michelle Herrera 240-370-5421

NSAB Chaplain’s Office 301-319-4443/4706

Installation SARC

Kimberley Agnew 301-400-2411
Monique Green 301-400-3366

Troop Command SARC

Rosemary Galvan 301-319-3844
SARC 24/7 301-442-2053
SAPR VA 24/7 Helpline 301-442-8225

From The Deck Plates: What Does Father's Day Mean to You?

PHOTOS BY MC3 WILLIAM PHILLIPS



PSSN Rafael Daniels

Father's Day is something that is not celebrated as it should be. I have a father and step-father and I love them both dearly. They both had an amazing influence in all aspects of my life. They helped teach me the difference between right and wrong. My mother is like a great father figure to me, I actually tell her happy Father's Day because she has been a real inspiration, she could play the father's role even when it was just me and her. My father is a great backbone to my family and he helps hold everyone together he doesn't get all credit and gratitude as he should.



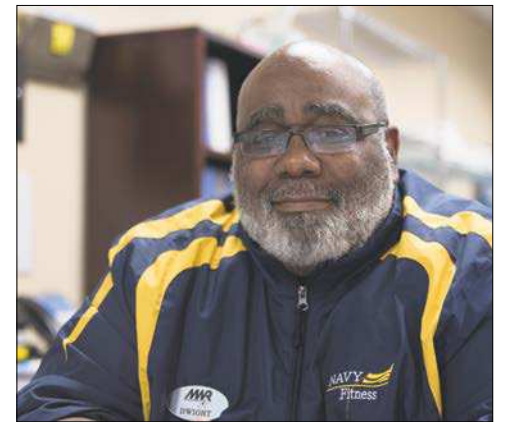
RP2 Mauricio Melo

Since I have become a step-parent Father's Day has taken on a whole new meaning to me. I have to set an example for my daughter. It is my responsibility to look out for her and make sure she does what she is supposed to do. I have to educate her and raise her, it is a different life but even though I'm new at it I have seen the change all ready. This is going to be my first official Father's Day so it means a lot to me.



GM1 Chelsea Greenwood

To me Father's Day means giving the fathers their day. They go unnoticed a lot of the times when it comes to the parent role, so seeing them get their day is nice. A lot of times fathers don't get the credit of their impact on a child's life because the mothers usually makes sure they have packed lunches and all the other stuff. People don't look at dad teaching them how to put gas in the car or other things like that. It is good to see the fathers get their day because sometimes we forget to appreciate them.



Jack Jackson MWR Sports Coordinator

Father's Day is good and bad for me because I lost my father. It is also special for me because I try to cling to my kids, grand kids and great grand kids and pass knowledge on to them, and show them the love that I am missing from my dad not being here anymore.

Medical Center Celebrates 241st Army Birthday

By **BERNARD S. LITTLE**

WRNMMC Public Affairs staff writer

Row after row of service members and civilians stood in formation at attention and saluted the U.S. flag as it was raised during morning colors in front of the historic Tower on Naval Support Activity Bethesda, home of Walter Reed National Military Medical Center (WRNMMC), on June 9.

They gathered to celebrate the birthday of the U.S. Army.

Following the raising of the flag, those in attendance gathered around a large cake decorated with the U.S. Army emblem and the words, "Happy 241st Birthday U.S. Army."

"The U.S. Army was born on June 14, 1775," said Army Col. (Dr.) Frederick C. Lough, deputy chair of the Department of Surgery at the Uniformed Services University of the Health Sciences and a cardiothoracic surgeon at WRNMMC. He added, the U.S. Army began as 10 companies of riflemen sent to Boston to assist the militia besieging the British Army.

According to John R. Maass, of the U.S. Army Center for Military History, the riflemen came from Pennsylvania, Maryland, and Virginia.

On June 15, 1775, the Second Continental Congress named Virginian George Washington as commander-in-chief of the Continental Army, and Artemas Ward of Massachusetts, his second in command, the following day.

"From Boston, you went to Yorktown and to freedom in eight years," Lough added. "You are the senior military service, and the oldest,



PHOTO BY BERNARD S. LITTLE

Army Spc. Shequita Chambers pays respect to the U.S. flag and nation during morning colors in front of the historic Tower on Naval Support Activity Bethesda, home of Walter Reed National Military Medical Center, on June 9. Following colors, the medical center held a special ceremony celebrating the 241st birthday of the U.S. Army, established on June 14, 1775.

continuously functioning element of the U.S. government."

"You were there at Bull Run and at Appomattox. You were there at San Juan Hill and at the Marne. You were there at Bataan, at Anzio and Normandy. At Pork Chop Hill in Korea, and Ia Drang Valley of Vietnam, your fighting spirit and courage was tested. The fierce firefights in Iraq

and the Korangal Valley in Afghanistan are the latest in a long line of named and unnamed places around the globe where you, the U.S. Army, have gone in the cause of freedom," Lough continued.

"The Man and Woman of the [20th] Century are the U.S. Soldier, Sailor and Airman who had fought and defeated tyranny and aggression throughout the 1900s," Lough said his father had once told him.

A West Point graduate who has worn the Army uniform for more than 40 years, Lough added his father also wore the uniform of the U.S. military, serving during World War II, a veteran of three invasions who saw much fighting in the European theater of operation.

"You, the U.S. Army of today, inherit that legacy," Lough continued. "You are the finest Army in the world and I am immensely proud to serve with you. I ask you to keep our brothers and sisters in harm's way in your thoughts, prayers and hearts. Cherish the opportunity afforded you to be a member of the finest Army in the world and never take it for granted."

In a message to the force, Army Chief of Staff Gen. Mark A. Milley stated, "Our Soldiers are the crown jewel of the nation; we must love them, protect them and always keep faith with them."

Following his remarks, Lough was assisted in cutting the Army birthday cake by WRNMMC director Army Col. Michael S. Heimall, WRNMMC's most senior Soldier Chaplain (Lt. Col.) John O'Grady, its most junior Soldier Pfc. Lacie Mallory, and Navy Master Chief Pietro Martone, senior enlisted advisor for the Assistant Chief of Staff/ Special Assistants at WRNMMC.



Runners Doused With Colors



Museum Becomes Unique Classroom for USU Nursing Students

By **SHARON HOLLAND**
USU Deputy Vice President
for External Affairs

From General John J. Pershing's dentures to Civil War soldiers' colons to the floor of an Air Force emergency room in Iraq, the collections at the National Museum of Health and Medicine (NMHM) live up to their reputation as some of the world's most interesting specimens for research in military medicine and surgery. The site of many field trips, it also made a unique classroom recently for students in the Uniformed Services University of the Health Sciences (USU) Graduate School of Nursing (GSN).

More than 20 students in the GSN's family nurse practitioner (FNP) and women's health nurse practitioner (WHNP) programs made the three-mile trek to the museum, located in Silver Spring as part of their "Advanced Diagnosis and Management in Obstetrics/Embryology" course, May 25.

Air Force Lt. Col. Jennifer Korkosz, assistant professor and deputy director of the WHNP program, came up with the idea of incorporating those museum items into the classroom as an innovative way for the students to learn embryology.

"We started with an informative presentation about medical illustrations and details about how the Carnegie embryology models were created," said Korkosz. "The Carnegie models are the premier 3D illustrations of embryological development that show us how changes take place in the growth and development of human embryos. By seeing the models, it helps make concepts come together and make much more sense. We got to see and examine a few examples from the collection and learn about the painstaking process through which they were developed."

The museum was founded by U.S. Army Surgeon General William A. Hammond as the Army Medical Museum in 1862 during the American Civil War as a repository for specimens of "morbid anatomy" along with foreign bodies and projectiles that had been removed from casualties. Photographs and information were also catalogued and the collection grew dramatically over the years. In the late 1800s and early 1900s, the museum staff engaged in research, including yellow fever and typhoid fever.

In the 1940s, the museum's research was largely focused on pathology, and the organization became an element of the Armed Forces Institute of Pathology. The museum moved to its current location at the U.S. Army Garrison-Forest Glenn Annex in Silver Spring in 2011 after the former



USU COURTESY PHOTO

Students from Uniformed Services University of the Health Science's Graduate School of Nursing family nurse practitioner and women's health nurse practitioner programs used the collections at the National Museum of Health and Medicine as an embryology lesson recently.



PHOTO BY MATTHEW BREITBART

Liz Lockett, collections manager, National Museum of Health and Medicine's collections manager, Human Developmental Anatomy Center, offered a brief lecture on the Carnegie Collection and normal human development to a group of students from the the Uniformed Services University of the Health Sciences Graduate School of Nursing.

Walter Reed Army Medical Center was closed.

The museum's collections now consist of more than 25 million objects, including 12,000 items of medical equipment, an archive of historic medical documents, collections related to neuroanatomy and developmental anatomy, 5,000 skeletal specimens and 8,000 preserved organs.

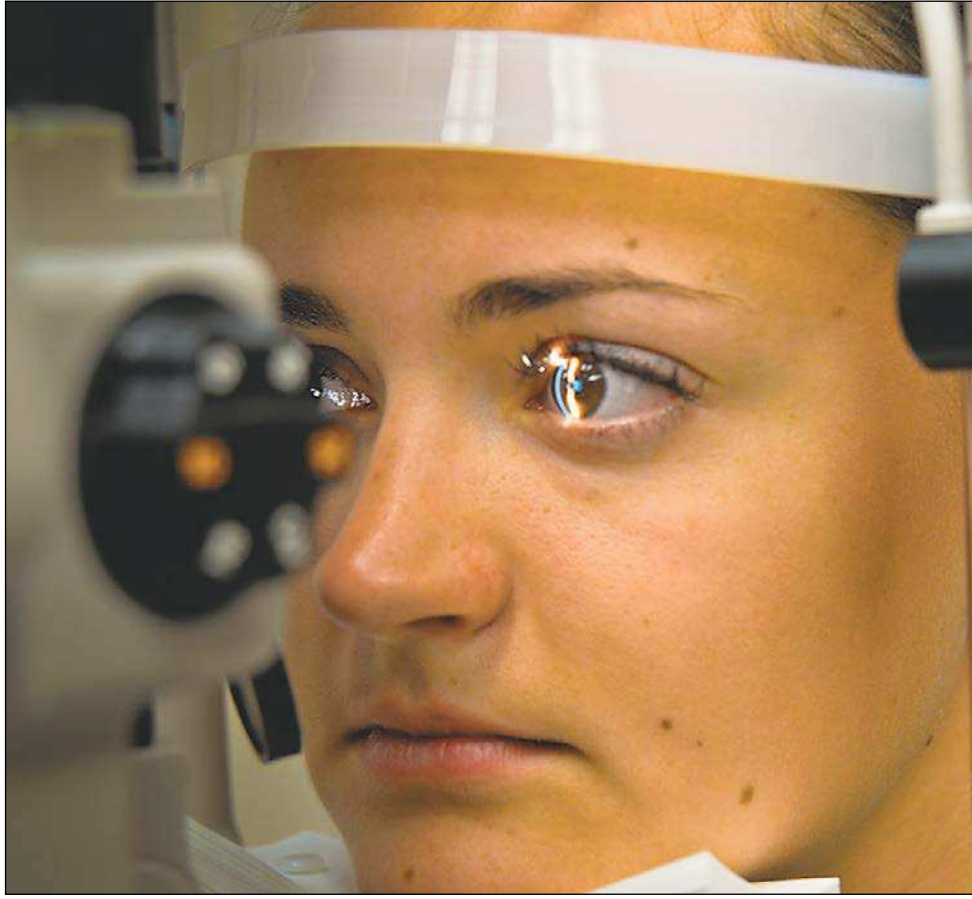
"Educating nursing and medical students and other trainees has

been part of the museum's mission since 1862, so we're glad to be able to continue that mission today with USU students," said Andrea Schierkolk, NMHM public programs manager. "Connecting our research collections to current educational activities helps position the museum to support future research in many areas of concern to military medicine."

Dr. Diane Seibert, interim associate dean for academic affairs in the GSN,

praised Korkosz and other USU military clinicians for coming up with new ideas to help novel learning experiences for USU students.

"Innovative instructional approaches like taking the students on field trips often make lasting impressions because these experiences spark curiosity and directly connect the real world to the learning experience, enhancing student learning," Seibert said.



DOD PHOTO

Optometry Offers Variety of Services

By **JOE NIEVES**
WRNMMC Public
Affairs staff writer

The Optometry Department at Walter Reed National Military Medical Center (WRNMMC) is a comprehensive eye clinic that service members, their families and retirees can rely on for all their vision needs.

"Currently we provide services for primary care, pediatrics, Traumatic Brain Injury services, a diabetic screening clinic, medical contact lenses, low vision and vision therapy based on diagnosis and/or availability," says Dr. Geeta Girdher, WRNMMC Optometry Clinic optometrist.

The ability to self-refer to the specialty clinic and for patients to walk-in for acute urgent care (based on provider availability) makes the Optometry Clinic unique and services are being added in the near future, explains Girdher.

"We are going to be starting an ocular surface disease and dry eye clinic in the near future," Girdher said. "The dry eye service will address chronic dry eye symptoms in many of our patients. We just acquired an instrument that allows for visualization of the Meibomian glands, which are partly responsible for producing tears in the eyes. With this new

equipment, we can better diagnose and create treatment plans in accordance with the patient's findings."

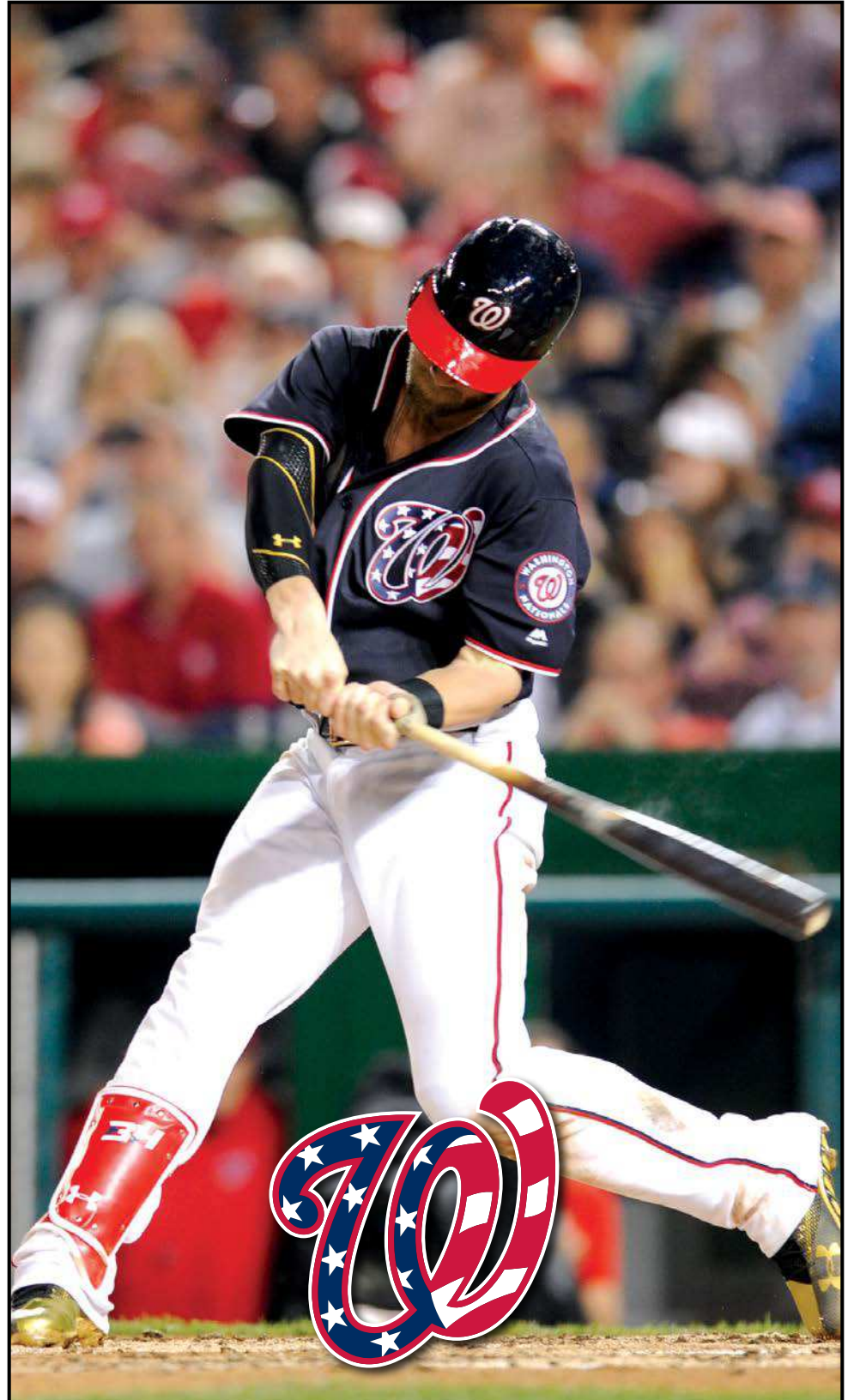
According to the National Institutes of Health, Ocular surface disease (OSD) is a multifactorial ocular condition that results from inadequate tear film production and/or increased tear evaporation, and may involve tear film degradation as well as damage to the ocular surface.

There are low vision services available for patients with mild/moderate vision loss; a service that many patients may not be aware is available and vision therapy is provided for patients with a history of traumatic brain injury.

Girdher recommends patients without any previous ocular health concerns to be seen every 12 to 24 months. "Pediatric, contact lens patients and diabetic patients should be seen annually," she continued. "Your eye can sometimes reveal potential problems with your systemic health, such as diabetes and high blood pressure."

WRNMMC Optometry Service also serves as a center of learning for our nation's optometry colleges as well as conducts and collaborates on vision and eye-related research.

For more information, call the optometry clinic at 301-319-7001.



**CELEBRATE U.S. ARMY DAY
AT NATIONALS PARK**

vs. METS

TUESDAY, JUNE 28

7:05 PM

nationals.com/GovX

W | ONE PURSUIT

I Won, Cancer Lost: Staffer Beats Battle for Life

By **SHARON RENEE TAYLOR**
WRNMMC Public
Affairs Staff Writer

Just after the morning rush in Walter Reed National Military Medical Center's Café 8901, Winnie Pinkney Rodney, also known as the smiling omelet chef, urged me to take a seat for her important announcement.

"I am cancer free," she said.

It's been 11 months since the WRNMMC staffer and sergeant in the Army National Guard began her fight with breast cancer. Nearly a year later, Winnie claims victory.

"I am no longer a victim of what I've been through but a victor over what's left to come," she said.

Winnie is winning? No, Winnie has won.

Although she has one more surgery to go "before the finish line," Winnie declared victory from her hospital bed, a day after her reconstructive surgery.

The optimistic staffer with an infectious smile sums up her life and battle with cancer over the past year in nine words. Exciting. Adventurous. Fun. Beautiful. Worth Living. Full of Love. Wonderful. Memorable. Sexy.

"Hello world. Grateful to still be here, Amen," she wrote on a Facebook post, surrounded by pictures taken during her battle. In every photograph, Winnie

smiles: with her bald head as she receives chemotherapy; in an evening gown she wore for a breast cancer survival event; on duty as a sergeant in the Army National Guard.

On her last day of physical therapy, she takes a picture in a pink t-shirt that reads, "She has purpose. Esther 4:14." With her arm around her therapist, Winnie shines a glowing smile. Her hair is growing.

In a prophetic message written three years ago, a friend told Winnie, "Don't let your struggle become your identity. There's more to you than what broke you."

One word defines the life of Winnie Rodney: Courageous.

She quoted an anonymous writer, 'Courage means facing up to things even if it might end unpleasantly.'

Parts of Winnie's fight can indeed be described as 'unpleasant.'

Diagnosed April 2015 with an aggressive stage-1 intra-ductal carcinoma of the breast, Winnie began chemotherapy July 2015 to shrink the tumor. A second surgery after Thanksgiving 2015 helped her to prepare for, her most recent surgery on June 1, reconstruction.

She lost her hair and had difficulty driving. She found herself without the



COURTESY PHOTO

Winnie Pinkney Rodney smiles the day after her June 1 surgery.

energy she needed to keep up with her six-year-old daughter, Kayla, who she playfully calls 'Drill Sergeant Love Joy.'

An afternoon of shots left Rodney with a runny nose, a sore head and arms, as well as a dry mouth with the taste of copper.

"So this cancer thing has layers. Lately, I've been feeling like I've been on the injured reserve list for the Washington Caps [hockey team] because I got a couple of puck shots to the knees and hip checked into the goal posts," Winnie wrote. She endured hairline fractures to two toes.

Her loss of estrogen caused a strong pain in her knees and hip joints, Winnie explained. Since the form of aggressive cancer feeds off of estrogen, she can't take estrogen. Her doctor prescribed ibuprofen and rest.

"Cancer, I promise you I'm stronger than you are and I'm done with you! Pack your crap. I've got things to do!" Winnie warned the malignancy.

She can't wait to return to work, and celebrate with her co-workers. She needs a short leave donation for three-to-four weeks while she recovers from her latest surgery, and six-to-eight weeks for her last operation: a hysterectomy.

Without a hysterectomy, Winnie must return to her doctor every six months for an extensive gynecological exam, or surgery. She explained women with stage 3 breast cancer have a 65 percent chance of developing ovarian cancer.

She asked, why not a hysterectomy? "[I] already know what [I] have. Why play Russian Roulette?"

Winnie wants to be around to watch her daughter grow—and take her through the many adventures she knows Drill Sergeant Love Joy will have.

She admits, sometimes she feels so weak she doesn't know how she does it, but quickly returns to faith.

"I'm just an ordinary person doing an extraordinary thing ... this whole thing has been a faith-walk. He's been in every step of the way ... he provides all our needs," Winnie said.

"God is looking for ordinary people empowered by him to do extraordinary things."

If you are federal civilian and would like to donate leave to Winnie, contact Charlita Mayhand of the Nutrition Services Department at 301-295-5360 or charlita.l.mayhand.civ@mail.mil. Follow Winnie's journey to recovery on Facebook: <https://www.facebook.com/winnie091073>.

VINSON HALL RETIREMENT COMMUNITY

**Independent Living,
Assisted Living,
Healthcare, and
Memory Support**

Vinson Hall Retirement Community is located in idyllic McLean, Virginia. As a resident-focused Life Plan Community, we value independence and individuality. We offer luxurious independent living residences for military officers, their immediate family, and government employees of equal rank.

www.VinsonHall.org
**6251 Old Dominion Drive
McLean, Virginia 22101**

Call Today
703-536-4344



Wounded Warriors Family Support is an independent nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. WWFS aids veterans and their families in healing the wounds that medicine cannot.

Visit wwfs.org for more information about our veteran programs.



CFC# 81534

LGBT

From
Page 1

When “Don’t Ask, Don’t Tell” was repealed,” Schwanke said he “cried like a baby,” but that didn’t mean [he] came out as gay.

The master chief said he was shocked how difficult it was the first time he came out in uniform, and it was to end a rumor that he was sleeping with female Sailor in his department.

He said he came out again in 2014 at WRNMMC. “It was time to be me,” Schwanke said.

“I’m not going to advertise my orientation, just like I don’t look at others and ask, ‘Are you heterosexual?’ Who I am attracted to has nothing to do with how I do my job. I’m a Navy master chief first,” he explained.

Schwanke said the military has come far from the days when service members suspected of being homosexual were summarily kicked out of the military.

“We now serve openly. We recognize same-sex couples in our command and their partners’ contribution to service,” Schwanke said. “We’ve extended health care and benefits equally.

“We have come a long way and we have reasons to celebrate, but never let us let any group be separate but equal in our military or society,” the master chief continued. “We all have strengths that make our society, and military, strong and diverse.”

Rear Adm. (Dr.) David A. Lane, director of the National Capital Region Medical Directorate (NCRMD) agreed, saying the journey to inclusion in America has come a long way, and it continues. He added in many ways, WRNMMC is leading the way. “We recently were recognized as a leader in the delivery of LGBT health care.”

The admiral explained WRNMMC is listed as one of the nation’s leading hospitals in LGBT health care in this year’s Healthcare Equality Index produced by the Human Rights Campaign. “We went through a rather rigorous review process to earn that distinction.” This marks the first time a military treatment

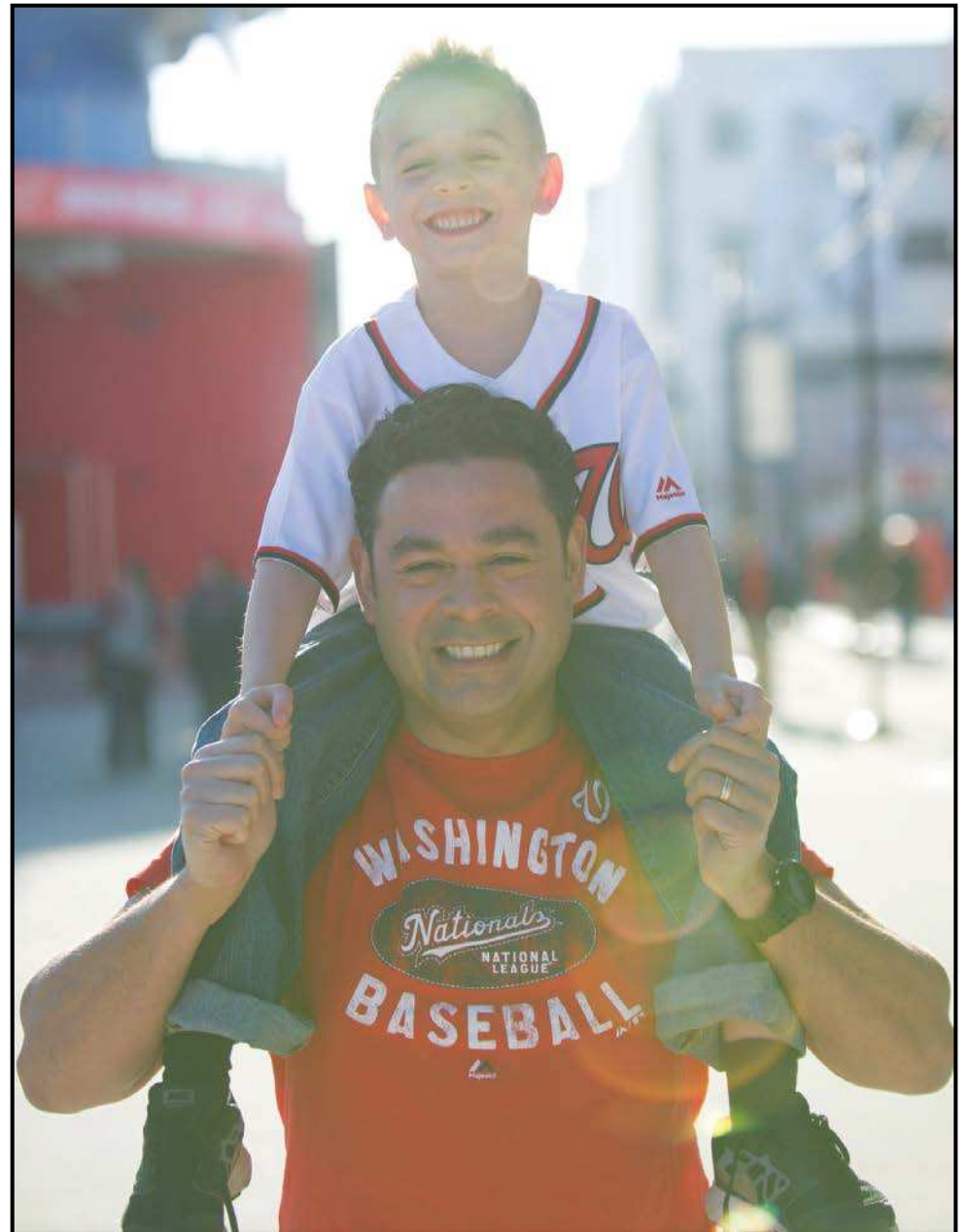
facility has been included in the report produced annually to raise awareness of lesbian, gay, bisexual and transgender health care and employment policies at health-care institutions nationwide.

“What this recognition does is symbolize Walter Reed’s contribution to a world in which LGBT people are ensured basic equal rights and they can be open, honest and safe at home, work, in the community and the facility where they receive their care,” Lane said.

“Our goal is to offer every patient an extraordinary experience every time they come into our facility,” added Army Col. Michael S. Heimall, WRNMMC’s director. “One of the major challenges we face in health care is understanding the disparities in how care is delivered, and the interactions between patients and providers based on culture, race, gender and sexual orientation. We owe it to our patients to understand those disparities and breakdown those barriers so we can ensure the best, quality health care and the best experience for the patients and their loved ones every time they come and interact with us.”

The colonel concluded the ceremony reading President Barack Obama’s proclamation for LGBT Pride Month 2016 in which the president stated, “The fight for dignity and equality for lesbian, gay, bisexual, and transgender (LGBT) people is reflected in the tireless dedication of advocates and allies who strive to forge a more inclusive society. They have spurred sweeping progress by changing hearts and minds and by demanding equal treatment — under our laws, from our courts, and in our politics. This month, we recognize all they have done to bring us to this point, and we recommit to bending the arc of our Nation toward justice.”

The G.L.A.S.S Committee Bethesda sponsored the event at WRNMMC to celebrate LGBT Pride Month, which theme this year is “Celebration.” G.L.A.S.S stands for Gay, Lesbian, and Supportive Service Members Committee. For more information about G.L.A.S.S., call its president, Hospital Corpsman 3rd Class Jacob McFarlane, at 301-295-4265.



Harris Teeter
Neighborhood Food & Pharmacy

FAMILY FUN PACK

NATIONALS GAME TICKET, HOT DOG,
CHIPS & A COCA-COLA
OR DASANI BEVERAGE

STARTING AT \$15

THURSDAYS-SUNDAYS
AVAILABLE ONLINE ONLY AT

nationals.com/family

W ONE PURSUIT

Read
The Journal
On Your
Tablet or
Smart Phone!

Visit
www.dcmilitary.com



Social Worker: We Do Not Work Alone

By **SHERRY WHITAKER**
WRNMMC Social Work Department

As a member of the Walter Reed National Military Medical Center (WRNMMC) medical team providing direct patient care, I would like to highlight two programs that help me as a social worker enhance the well-being of patients with blindness or low vision.

The first program is the Assistive Technology (AT) Program at WRNMMC.

I first became familiar with Assistive Technology when working with traumatic brain injury patients. I was able to order personal digital hand-held devices for these patients to use to manage their lives. This technology has enabled my patients to retrieve information such as phone numbers, receive daily reminders for medications, create to-do lists, and receive voice-task prompting support.

As a social worker, I've witnessed Assistive Technology training to use electronic reading machines, visual skills devices and other forms of technology to improve the optimal functioning of patients. For example, a patient who lost vision learned how to use a talking book reader and a talking watch to manage his daily activities.

I also referred an 85-year-old patient with a history of blindness to Assistive Technology. Living alone in a second story apartment, this patient could move around her home, but she required assistance from her son, who lived 10 minutes away, to negotiate stairs and the community. This patient complained that there

was no way of knowing what time of day it was or when she could expect her son to come by. She also told me she had heard favorable reviews about a book and was disappointed because she was not able to get an audio version of it.

After I made a referral to Assistive Technology, Amanda Reinsfelder, an AT specialist at WRNMMC, contacted my patient and arranged a time to meet with her in the Occupational Therapy Clinic. A few days later, I received a call from the patient thanking me for making this referral on her behalf. She praised Reinsfelder for providing her with a talking clock and having the patience to teach her how to use it. She said Reinsfelder took the time needed to explain instructions so she could understand, practice and complete tasks without difficulty. She talked about what a difference it was to have this talking clock in her home. Additionally, she said Reinsfelder gave her an audio player and an audio version of the book the patient wanted.

The other program providing constructive aid to vision-challenged patients comes from the U.S. Department of Veterans Affairs Washington, DC VA Medical Center (DCVA). I have made several referrals to Cecelia Rose, who is a blind rehabilitation outpatient specialist at DCVA. In one case, she provided orientation and mobility training to one of my patients who could no longer live alone at home because of his blindness. This patient was placed in an unfamiliar long-term care facility. I made a referral to Rose and she travelled to the



patient's long-term care facility and provided him eight weeks of extensive instruction and rehabilitative practice for using a long cane and various tactile strategies. This took a great deal of repetition and perseverance. The patient's son provided feedback, saying he was amazed to observe how this helped his father build confidence in moving about safely in unfamiliar places, performing daily living activities, adjusting to his new environment and improving his self-esteem and attitude.

I am glad these programs and practitioners available to improve the lives of our beneficiaries. These programs make a difference.

REWARD YOURSELF WITH GO REWARDS

Sign up for a **GO REWARDS®** credit card, and for a limited time, you'll earn **20,000 bonus points** when you spend **\$2,000** in the first 90 days of account opening.¹

Plus, enjoy these great benefits:

- > **NO LIMITS TO REWARDS**
- > **NO ANNUAL FEE²**
- > **NO FOREIGN TRANSACTION FEE**
- > **NO BALANCE TRANSFER FEE**

NAVY FEDERAL
Credit Union

HURRY—THIS OFFER EXPIRES JUNE 30.
navyfederal.org 1.888.842.6328

Federally insured by NCUA. ¹Offer valid for cardholders issued new GO REWARDS credit card accounts. To be eligible for the 20,000 points offer, you must make \$2,000 or more in net purchases within 90 days of account opening. Earn rewards on eligible net purchases. "Net purchases" means the sum of your purchase transactions minus returns and refunds. Eligible purchase transactions do not include, and rewards are not earned for, Navy Federal cash equivalent transactions, such as the purchase, loading or re-loading of Navy Federal prepaid and gift cards (e.g., Navy Federal gift cards, Visa® Buck Cards, GO Prepaid Cards). Please allow up to eight weeks after the 90-day period for the 20,000 points to post to your rewards balance. Account must be open and not in default at the time the 20,000 points are posted to your rewards balance. Limit of one promotional offer at account opening. Offer expires 6/30/16. ²Currently, rates range from 9.49% APR to 18% APR, are based on creditworthiness, and will vary with the market based on the Prime Rate. ATM cash advance fees: None if performed at a Navy Federal branch or ATM. Otherwise, \$0.50 per domestic transaction or \$1.00 per overseas transaction. © 2016 Navy Federal FCU 13528 (5-16)



Classifieds

Call 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



Houses for Rent

Ft. Washington SFH. 4BR, 2BA, Brand new, Recently renovated, Fireplace, Large Deck, New Paint, Carpet, Windows, AC. Park nearby. \$1850/mo. 571-488-8565

**BUY SELL
RENT HIRE
TRADE SHOP
SWAP FIND
TO PLACE YOUR AD
CALL 301-645-0900**

Help Wanted Full Time

25 DRIVER TRAINEES NEEDED! Become a driver for Stevens Transport! NO EXPERIENCE NEEDED! New drivers earn \$800+ per week! PAID CDL TRAINING! Stevens covers all costs! **1-888-734-6714 drive4stevens.com**

MEDICAL BILLING SPECIALISTS NEEDED! Begin training at home for a career working with Medical Billing & Insurance! On-line training with the right College can get you ready! HS Diploma/ GED & Computer/Internet needed. **1-888-734-6711**

To place an ad
Call 301-645-0900

Help Wanted Part Time

Boat Operator, PT Seasonal, Boat captain to operate a pump out boat, must have experience, Email only: employment@gangplank.com

Misc. Services

AIRLINE CAREERS. Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly. Call AIM 888-686-1704

CRUISE VACATIONS - 3, 4, 5 or 7 day cruises to the Caribbean. Start planning now to save \$\$ on your fall or winter getaway vacation. Royal Caribbean, Norwegian, Carnival, Princess and many more. Great deals for all budgets and departure ports. For more info. call 877-270-7260 or go to NCPtravel.com

DISH TV 190 channels plus Highspeed Internet Only \$49.94/mo! Ask about a 3 year price guarantee & get Netflix included for 1 year! Call Today 1-800-686-9986

SUPPORT our service members, veterans and their families in their time of need. For more information visit the Fisher House website at www.fisherhouse.org

Travel/Transportation

ALL INCLUSIVE RE-SORT packages at Sandals, Dreams, Secrets, Riu, Barcelo, Occidental and many more resorts. Punta Cana, Mexico, Jamaica and many of the Caribbean islands. Book now for 2017 and SAVE! For more info. call 877-270-7260 or go to NCPtravel.com

Appliances

Sale white side by side refrigerator \$300 or offer. 301-392-3403

General Merchandise

Step bars for Jeep Wrangler 4 door. Almost NEW. Below market price. Contact 301-392-9697.

Wanted to Buy

WE BUY CAMPERS: Travel Trailers, 5th Wheels, Motor Homes, Pop-Up Campers. WILL PAY CASH! 301-535-2416

Wanted to Buy Autos


CARS/TRUCKS WANTED!!! All Make/Models 2000-2015! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

CASH FOR CARS: We Buy Any Condition Vehicle, 2000 and Newer. Nation's Top Car Buyer! Free Towing From Anywhere! Call Now: 1-800-864-5960.

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

WANTED OLD JAPANESE MOTORCYCLES KAWASAKI Z1-900 (1972-75), KZ900, KZ1000 (1976-1982), Z1R, KZ 1000MK2 (1979,80), W1-650, H1-500 (1969-72), H2-750 (1972-1975), S1-250, S2-350, S3-400, KH250, KH400, SUZUKI-GS400, GT380, HONDACB750K (1969-1976), CBX1000 (1979,80) CASH!! 1-800-772-1142 1-310-721-0726 usa@classicrunners.com


**BUY SELL
RENT HIRE
TRADE SHOP
SWAP FIND
TO PLACE YOUR AD CALL
301-645-0900**



Insurance

Marcus Soriano • 757.897.5288

8280 Willow Oaks Corporate Dr. #600 • Fairfax, VA
msoriano22wob@wfgmail.com • marcussoriano.wfgopportunity.com



Investment • FFIUL • Life insurance
401k options • Tax education

We can help businesses with earnings and retirement plans to help maximize gains and lower taxations!

We can also help families reach life's retirement goals, help with plans to send their kids to college properly, 401k options & protect families if something happens to one or both income earners!

Serving the DC metro & surrounding areas.

To place an ad
Call 301-645-0900
or visit us online at
classads@somdnews.com



**SALES GALLERY OPEN HOUSE
EVERY SATURDAY AND SUNDAY | 1PM-4PM**

7706 Woodmont Avenue, Bethesda, MD | 301.747.3602

Select your floorplan and begin tailoring your colors, options and added features.
Create a residence that is at once inspiring and welcoming.

Residences from the \$800's to over \$2M at the Corner of Woodmont and Battery

StonehallStyle.com



Prices, financing and offers subject to change without notice.
Please see a sales representative for details.

Sales by **McWilliams
Ballard**

